

**WHAT IS CLAIMED IS:**

1. A lighting fixture, comprising:
  - a housing supporting a first lamp and including a wall and an opening opposite said wall, said wall including a first tongue formed therein; and
  - a first suspension cable coupled with said housing, said suspension cable including opposite first and second ends, said first end of said suspension cable having a first loop engaging said first tongue of said wall of said housing and said second end of said suspension cable adapted to engage a support to suspend said housing from the support.
2. A lighting fixture according to claim 1, wherein  
said first tongue is integrally formed with said wall of said housing.
3. A lighting fixture according to claim 1, wherein  
said wall includes a second tongue; and  
a second suspension cable includes a third end with a second loop engaging said tongue.
4. A lighting fixture according to claim 1, wherein  
said wall of said housing includes opposing ends; and  
said first tongue is disposed adjacent one of said opposing ends.
5. A lighting fixture according to claim 1, wherein  
said housing includes an end cap engaged with an end of said wall, said end cap having a tab spaced from and covering a portion of said first tongue.

6. A lighting fixture according to claim 1, wherein  
said housing includes first and second end caps engaging opposing ends of  
said wall of said housing.
7. A lighting fixture according to claim 1, wherein  
said housing supports a plurality of fluorescent lamps.
8. A lighting fixture according to claim 1, wherein  
said wall of said housing includes an elongated slot allowing light from  
said lamp to shine therethrough away from said opening of said  
housing.
9. A lighting fixture according to claim 1, wherein  
a first parabolic reflector is coupled within said elongated housing and  
aligned with said first lamp for directing light in a direction through  
said opening of said housing, said first parabolic reflector including a  
plurality of baffles extending towards said opening of said housing.
10. A lighting fixture according to claim 9, wherein  
a second parabolic reflector is coupled with said housing adjacent said first  
parabolic reflector; and  
a second lamp is supported in said housing and aligned with said second  
parabolic reflector.
11. A lighting fixture, comprising:  
an elongated housing supporting first and second lamps and including a  
wall, an opening opposite said wall, and first and second reflectors for  
directing light from said first and second lamps through said opening,  
said wall including opposing ends with first and second tongues  
formed therein; and

first and second suspension cables coupled with said housing, each of said first and second suspension cables including opposite first and second ends, each of said first ends of said suspension cables having a loop engaging said first and second tongues, respectively, of said wall of said housing and said second ends of said suspension cables being adapted to engage a support to suspend said housing from the support.

12. A lighting fixture according to claim 11, wherein  
said first and second tongues are integrally formed with said wall of said housing.
13. A lighting fixture according to claim 11, wherein  
said housing includes first and second end caps engaging opposing ends of said wall of said housing; and  
each of said end caps including a tab spaced from and covering a portion of said first and second tongues, respectively.
14. A lighting fixture according to claim 11, wherein  
said wall of said housing includes a plurality of elongated slots allowing light from said lamps to shine therethrough away from said opening of said housing.
15. A lighting fixture according to claim 11, wherein  
first and second parabolic reflectors are coupled within said elongated housing and aligned with said first and second lamps, respectively, for directing light in a direction through said opening of said housing, and each of said parabolic reflectors including a plurality of baffles extending towards said opening of said housing.

16. A lighting fixture, comprising:

a housing supporting first and second lamps and including a wall, an opening opposite said wall, and first and second reflectors for directing light from said first and second lamps through said opening;

a first tongue formed in said wall adjacent a first end and a second tongue formed in said wall adjacent a second end; each of said tongues having first and second slots extending inwardly along said wall from said first and second ends and distal ends adjacent said first and second ends;

first and second end caps engaging first and second ends of said wall of said housing, each of said end caps having a tab spaced from and covering a portion of said first and second tongues, each of said distal ends of said first and second tongues being spaced from said first and second end caps;

first and second suspension cables coupled with said housing, each of said first and second suspension cables including opposite first and second ends, each of said first ends of said suspension cables having a loop engaging said first and second tongues and said first and second slots, respectively, of said wall of said housing and said second ends of said suspension cables being adapted to engage a support to suspend said housing from the support.

17. A lighting fixture according to claim 16, wherein

said first and second tongues are integrally formed with said wall of said housing.

18. A lighting fixture according to claim 16, wherein

said wall of said housing includes a plurality of elongated slots allowing light from said lamps to shine therethrough away from said opening of said housing.

19. A lighting fixture according to claim 16, wherein  
first and second parabolic reflectors are coupled within said elongated housing and aligned with said first and second lamps, respectively, for directing light in a direction through said opening of said housing, and each of said parabolic reflectors including a plurality of baffles extending towards said opening of said housing.
20. A method of suspending a lighting fixture from a support, the lighting fixture including a housing supporting at least one lamp and having opposite first and second end caps, comprising the steps of:  
inserting a first end of a first suspension cable between a wall of the housing of the lighting fixture and one of the first and second end caps;  
looping the first end of the first suspension cable around a first suspension member formed in the wall of the housing; and  
coupling a second end of the first suspension cable opposite the first end with a support thereby suspending the lighting fixture from the support by the first suspension cable.
21. A method according to claim 20, further comprising the steps of:  
inserting a third end of a second suspension cable between a wall of the housing of the lighting fixture and the other of the first and second end caps;  
looping the third end of the second suspension cable around a second suspension member formed in the wall of the housing; and  
coupling a fourth end of the second suspension cable opposite the first end with the support, thereby suspending the lighting fixture from the support by the second suspension cable.

22. A method according to claim 21, wherein  
the first and second suspension members are tongues formed integrally  
with the wall of the housing.
23. A method according to claim 20, wherein  
the first suspension member is a tongue.
24. A method according to claim 22, wherein  
each of the end caps includes a tab spaced from and covering a portion of  
the first and second tongues, respectively.
25. A method according to claim 20, wherein  
a parabolic reflector is coupled within the housing and aligned with the  
lamp, respectively, for directing light in a direction through an opening  
of the housing, and the parabolic reflector including a plurality of  
baffles extending towards the opening of the housing.
26. A method according to claim 20, wherein  
the step of coupling the second end of the second suspension cable  
opposite the first end with the support occurs prior to inserting the first  
end of the second suspension cable between the wall of the housing of  
the lighting fixture and the other of the first and second end caps.